

Muscogee School Nutrition Program - Elementary Basic Menu

Please note: The menu is subject to change without notice due to market conditions and the availability of food items.

Dec. 1-2	Monday	Tuesday	Wednesday	Thursday	Friday	Breakfasts this Week <small>(order may change)</small>
					Chicken Patty on Bun Raw Broccoli w/ Dip Corn Apple Slices	Beef-a-roni Garlic Toast Side Salad w/ Dressing Pears
Dec. 5-9	Monday	Tuesday	Wednesday	Thursday	Friday	Breakfasts this Week <small>(order may change)</small>
	Salisbury Steak W/ Roll Mashed Potatoes w/ Gravy Side Salad w/ Dressing Fresh Fruit	Early Release Meal (Deli Sandwich or PB&J / Fresh Fruit / Baby Carrots w/ dip / Cookie or Chips)	Chicken Pot Pie w/ Roll Green Beans Peaches	Nachos / Spanish Rice Refried Beans Side Salad w/ Dressing Pineapple	Fish Patty on Bun Baked Okra French Fries Peaches	(M) Bacon Egg Biscuit (Tu) Pancakes w/ sausage (W) Whole Grain Croissant w/ meat 'n cheese (Th) Pancake Pup (F) Cheese Grits w/ sausage
Dec. 12-16	Monday	Tuesday	Wednesday	Thursday	Friday	Breakfasts this Week <small>(order may change)</small>
	Asian Chicken Nuggets w/ Rice Oriental Veggies Pineapple Tidbits	Hot Dog on Bun w/ Chili Whole Kernal Corn Side Salad w/ Dressing Fresh Fruit	Chicken Patty on Bun Potato Wedges Lettuce / Tomato / Pickle Broccoli Flowerettes Pears	Holiday Meal	Cheeseburger on bun Side Salad w/ Dressing Lettuce / Tomato /Pickle Mixed Fruit	(M) French Toast w/ Sausage (Tu) Muffin w/ yogurt or sausage (W) Whole Grain Croissant w/ meat 'n cheese (Th) Sausage Breakfast Pizza (F) Cheese Grits w/ Sausage
Dec. 19-30	Monday	Tuesday	Wednesday	Thursday	Friday	Breakfasts this Week <small>(order may change)</small>
	Hamburger on bun French Fries Side Salad w/ Dressing Lettuce / Tomato /Pickle Peaches	Chicken Nuggets w/ Roll Steamed Carrots Mixed Fruit Pudding	No School	No School	No School	(M) Pancakes w/ Sausage (Tu) Chicken Biscuit (W) Scrambled Eggs w/ Ham and toast (Th) Morning Sausage Roll (F) Cheese Grits w/sausage

<p>* Side Items that are available every day * Hot Vegetable of the Day Fruit (fresh and canned) Mixed Green Salad</p> <p>* Other Side Items that MAY be available * Fresh Vegetable and Dip French Fries / Wedges / Tater Tots + Baked / Mashed Potatoes Soup or Chili Vegetable / Fruit Salad</p>	<p>** Alternate Entrees that may be available ** PB&J or Deli Sandwich or Wrap Chef Salad Turkey, Tuna, Chicken or Ham Salads Fruit and Yogurt Plate</p>	<p>* Elementary School Lunch Requirements * Elementary School students must choose at least 4 items from these 5 categories 1) Meat / Meat alternative 2) Bread / Grain 3) Fruit / Vegetable choice 4) Fruit / Vegetable Choice 5) Milk Pre K and Kindergarten students will be served ALL 5 components.</p>	<p>* Every Day Breakfast Choices * Milk, Juice, Assorted Cereals, Toast, Cereal Bar, Graham Crackers, Bagel w/cream cheese, Muffins, Kellogg's Whole Grain Pop Tart</p> <p>Special Occasion Items: Cinnamon Roll, donuts</p>
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<p>* Helpful Information * 1 - Milk is offered daily for breakfast and lunch. We offer a variety of milk that is 1% or less fat and either flavored or unflavored. 2 - Alternate Entree choices are available at most schools. 3 - "Kid's Choice" and other special occasion menus will occasionally supersede the posted menus. Check with your local school for the days that special menus are being followed. 4 - Food item substitutions may occur without notice. These items may contain allergens. If your child has special dietary needs contact the school nurse or the school kitchen manager. 5 - + For healthy reasons we only offer fried side items (fries / wedges / tater tots) once a week</p>	<p>* School Breakfast Requirements * Students must choose at least 3 items from these 4 categories. (If offered) 1) Meat 2) Grain 3) Juice or Fruit</p>
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Week by Week through the year	August 2011	September 2011	October 2011	November 2011	December 2011	Notes:
	1 2 3 4 5 8 9 10 11 12 (1) 15 16 17 18 19 (2) 22 23 24 25 26 (3) 29 30 31 (4)	1 2 (4) 5 6 7 8 9 (1) 12 13 14 15 16 (2) 19 20 21 22 23 (3) 26 27 28 29 30 (4)	3 4 5 6 7 (1) 10 11 12 13 14 (2) 17 18 19 20 21 (3) 24 25 26 27 28 (4) 31 (1)	1 2 3 4 (1) 7 8 9 10 11 (2) 14 15 16 17 18 (3) 21 22 23 24 25 (4) 28 29 30 (1)	1 2 (1) 5 6 7 8 9 (2) 12 13 14 15 16 (3) 19 20 21 22 23 (4) 26 27 28 29 30 off	
	January 2012	February 2012	March 2012	April 2012	May 2012	
2 3 4 5 6 (1) 9 10 11 12 13 (2) 16 17 18 19 20 (3) 23 24 25 26 27 (4) 30 31 (1)	1 2 3 (1) 6 7 8 9 10 (2) 13 14 15 16 17 (3) 20 21 22 23 24 (4) 27 28 29 (1)	1 2 (1) 5 6 7 8 9 (2) 12 13 14 15 16 (3) 19 20 21 22 23 (4) 26 27 28 29 30 (1)	2 3 4 5 6 (off) 9 10 11 12 13 (2) 16 17 18 19 20 (3) 23 24 25 26 27 (4) 30 (1)	1 2 3 4 (1) 7 8 9 10 11 (2) 14 15 16 17 18 (3) 21 22 23 24 25 (4) 28 29 30 31 (1)		